



wearing
your
baba sling

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Important tips

- If you feel like you need to hold your Baby try tightening the straps, it is better to have them shorter rather than longer
- Make sure that you hear the audible click when fastening each buckle and always fasten the smaller safety buckle when using the sling
- Check to see that your Baba Sling is in good condition before use
- Practice with a doll first and have someone assist you when you first use your Baba Sling
- Change shoulders periodically - when you do exchange the adjustment straps
- Ensure that Baby is secure when bending over
- Experiment with the different positions, be flexible, if Baby wants a change of position, simply maneuver into another - you do not need to take Baba out to do this
- If it a position doesn't feel quite right - try maneuvering the fabric around to fit better, maybe Baba might like to have their head and/or feet out
- Try your Baba Sling when you and Baby are both calm and relaxed

Get Going

1) Make sure the **Safety Buckle** is clipped up and is longer than the other straps
2) One strap is to be longer than the other

3) With the **label** forward facing, have the longer strap closest to your body when putting it on
4) Make sure the bottom

strap is the longest and the top strap shortest
5) The label sits at your collar bone



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upright Birth – 2 years

1) Hold Baby on shoulder with hand through the Baba Sling, take Baba's feet through the

Baba Sling

2) Glide Baba into position

3) **Make sure the bottom**

railing comes to Baby's knees and the **upper railing** to the armpits or neck



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Joey 2 months and up

1) From Upright and keeping Baby between you and the Baba Sling turn baby around to face out

2) Put Baby up on the shoulder opposing the Baba Sling shoulder pad. Hold Baby's

feet together with one hand and push them towards Baby's stomach, creating a frog leg effect

3) Pull the bottom railing down and over Baby's feet and right up to Baby's bottom

note The upper railing comes up to Baby's armpits, make sure that Baba is **leaning back towards you** and the shoulder pad rather than leaning forward



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Hipstar 4 months – 2 years +

1) Start in Upright position
2) Glide Baby around onto your hip. Make sure that the label stays at your collar bone. You can have

the upper railing under Baby's armpits or you can pull the railing up to Baba's neck

3) An option is to slide the

shoulder pad onto your upper arm (this will stop the shoulder pad from riding up your neck)



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Piggy Back 6 months & up

Important tips for Piggy Back:

- Baby must be big enough to wrap their legs around your hips
- The Baba Sling should be pulled in as firmly as possible
- The top railing must be pulled tighter to bring Baba in closer to you
- Make sure that the bottom railing comes up to their knees

1) Instead of having the label at the front, start with the buckle sitting on the shoulder and the label at the back. The bottom strap should be longer

2) Baby sits securely on your hip. The bottom railing comes up to their knees and the top railing to their armpits or neck. Make sure that the Baba Sling is pulled **tight**

3) Take your arm up and over Baby. Grip the shoulder pad

with one hand and with the other reach down to hold Baby's bottom and then slide him/her around onto your back

4) Pulling the shoulder pad down towards your front will help to get Baby into position

5) You can bring the front of the Baba Sling in between your breast for greater comfort



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Easy Rider

Birth till outgrown

1) With Baby in the upright position, reach into the Baba Sling to hold Baby's hips, pull the bottom railing out with the other hand, then guide them into the most comfortable position

2) The tip of baby's head will

sit at the collar bone. You can put the railing behind Baby's neck and pull up some of the hammock material for head support

3) Or you can pull the upper railing up to accommodate Baby's head

Note) It may be of more comfort not to pull the bottom railing up between you and Baby, or to pull extra fabric around their head. It's best to have any excess fabric gathered beneath Baby



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Easy Rider- Back

Birth till outgrown

Important

- Get acquainted with the other Baba Sling positions before using this position
- Practice with a doll first
- Have someone else assist you the first few times

1) Start with Baby securely in Easy Rider on your front

2) Holding onto Baby slide your

shoulder pad free arm between you and the Baba Sling

3) Bring the straps onto that shoulder, with the Baba Sling around your neck, now hold Baby with your other arm

4) Bring what was the shoulder pad arm through the Baba Sling

5) The shoulder pad is now on the other shoulder, by holding

the shoulder pad and baby with the other hand, hoist baby into position

6) Pull the straps in between your breast – This is a great position to use when cooking!

note look in the mirror once you have Baby on your back to see they are in the correct position



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Hammock Style Birth – 2 years

- 1) Start in Upright
- 2) Take Baby's feet towards the shoulder pad and head in the opposite

- direction, lie Baby fully down. You can support Baby's head with your arm
- 3) Alternatively, you can

pull the railing up over their head for support.
This is also the Hammock Style Breastfeeding



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breastfeeding



off shoulder

Place the shoulder padding onto the upper arm to bring Baby's head to level of your breast



under arm

Glide Baba Sling with Baby to other breast



hammock

The hammock position as shown above is perfect for breastfeeding

